Peer Education Project

Mental Health Foundation

Loneliness

Finding our connections to feel less lonely

Lesson

Ways of working

We will:

1. Respect and listen to each other, giving space for everyone to be heard.
2. Value everyone's opinion, even if it's different to yours.
3. Ask questions, especially if you are unsure about the information or activities.
4. Be kind to yourself and others, reaching out for support if you need it.

Any others?

Being in the moment

SLIDE 3

Building connections

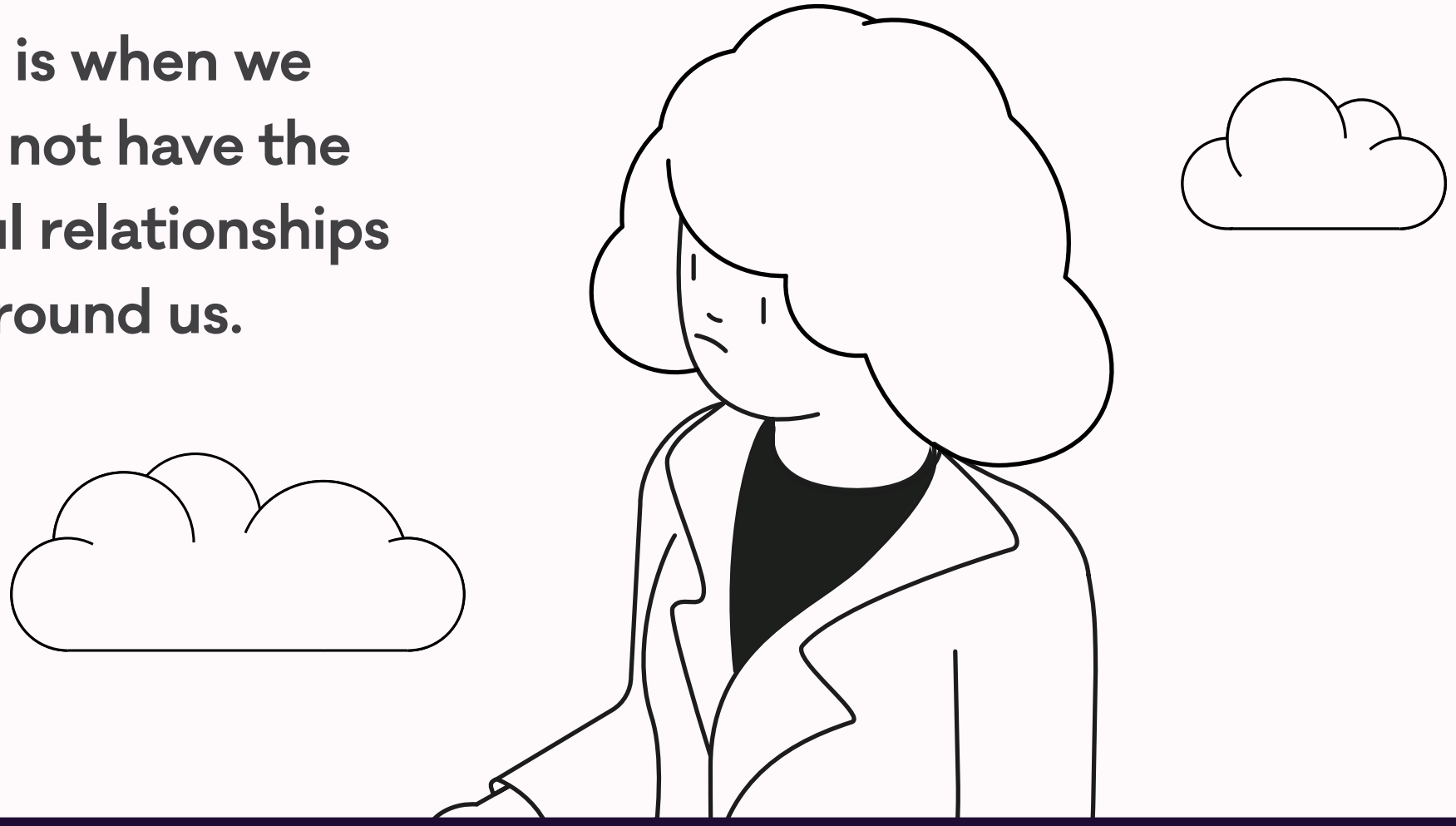
SLIDE 4

What three words come to mind when you look at this image?

Robert Delaunay, *Relief-disques* (1936)

Introducing the topic

Loneliness is when we feel we do not have the meaningful relationships we want around us.



Introducing the topic

Statement 1:

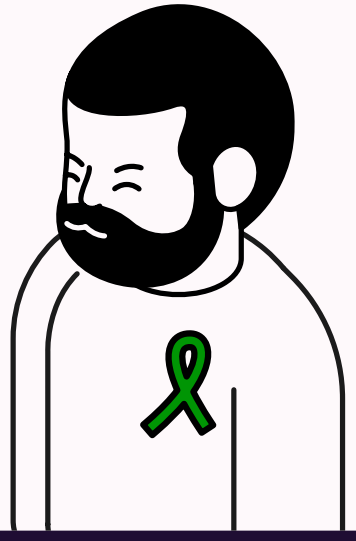
Only older people experience loneliness.

Introducing the topic

Statement 1:

Only older people experience loneliness.

FALSE



Introducing the topic

Statement 2:

Loneliness means the same as being alone.

Statement 2:

Loneliness means the same as being alone.

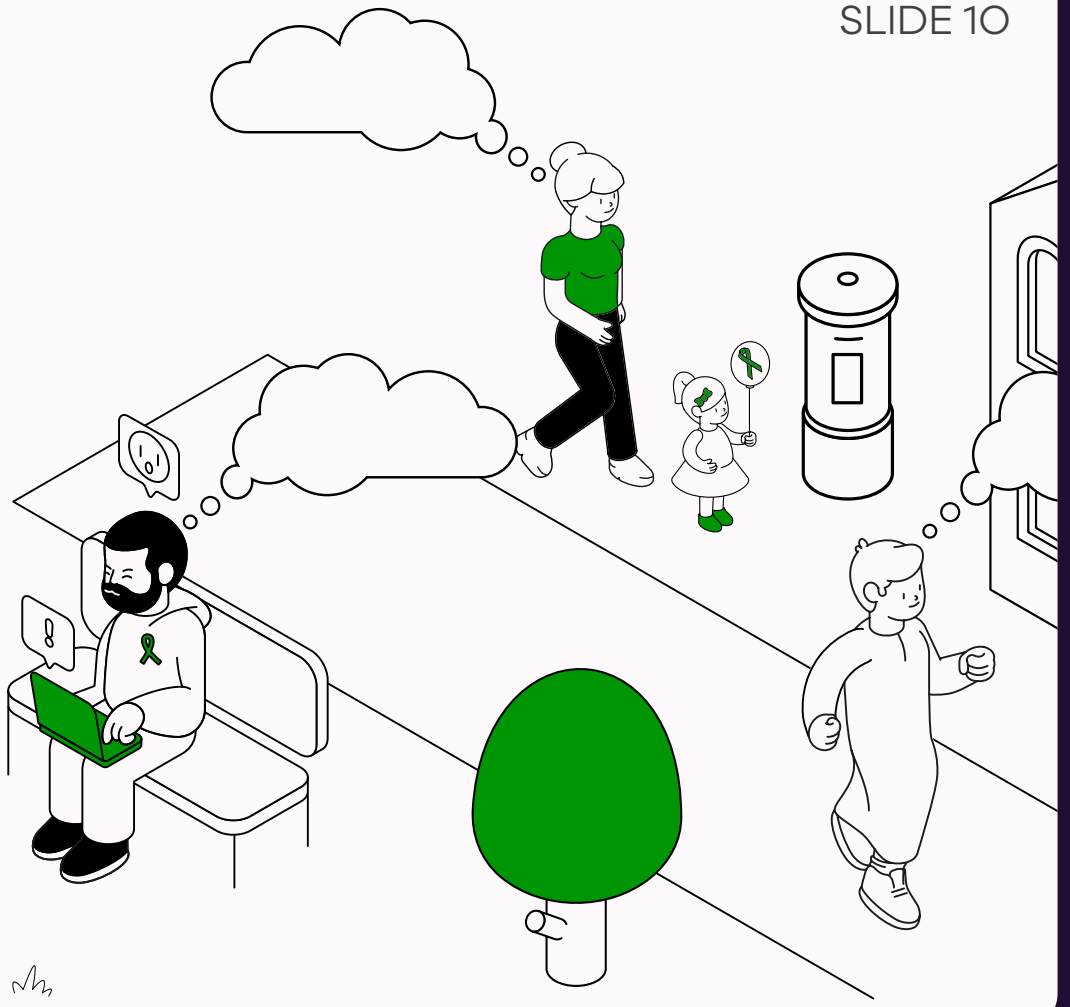
FALSE

Introducing the topic

SLIDE 10

Statement 3:

We are all equally likely to experience loneliness.



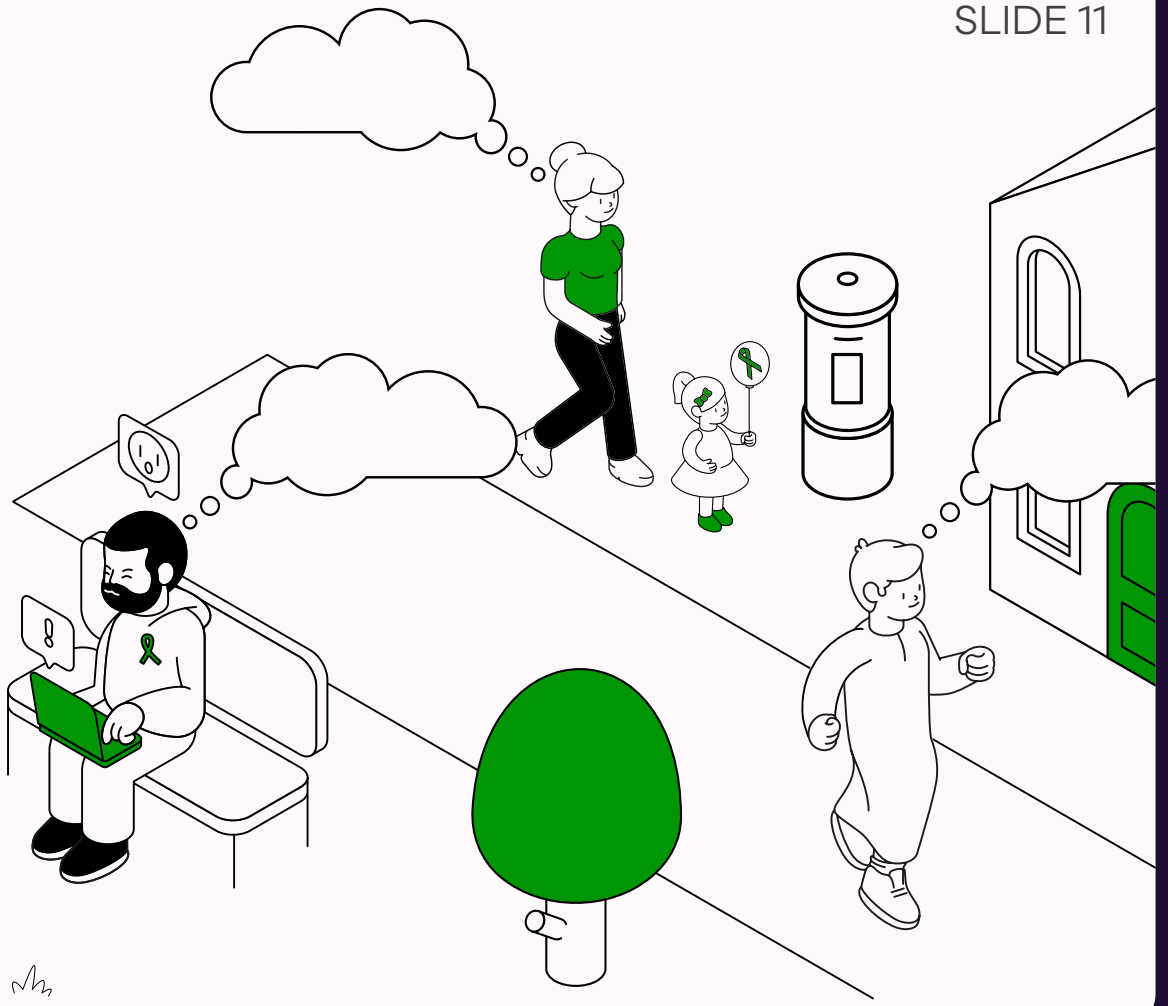
Introducing the topic

SLIDE 11

Statement 3:

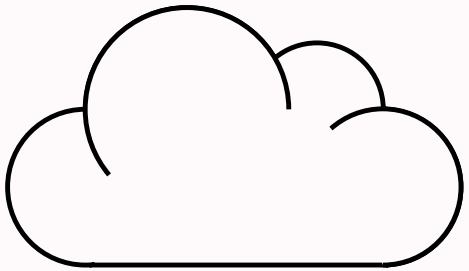
We are all equally likely to experience loneliness.

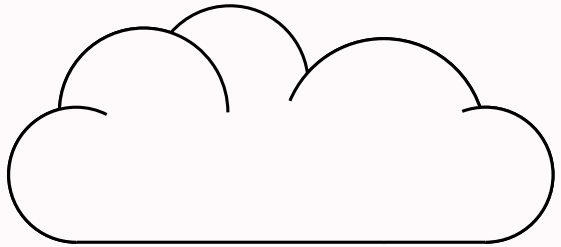
FALSE

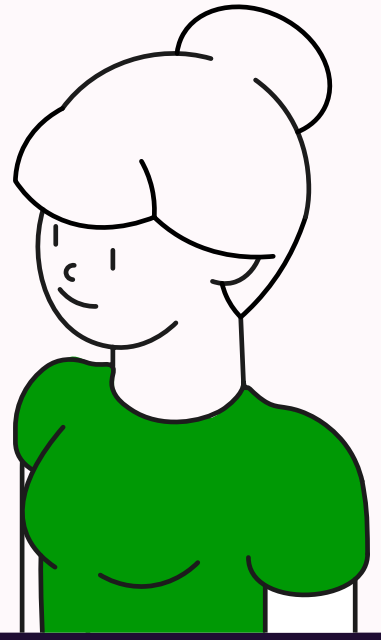


Statement 4:

Loneliness and mental health are connected.





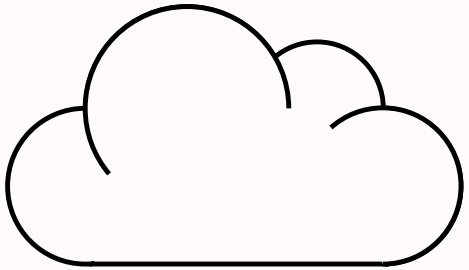


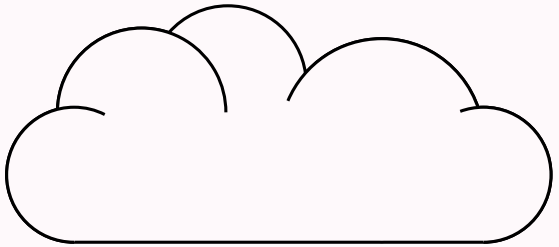
Introducing the topic

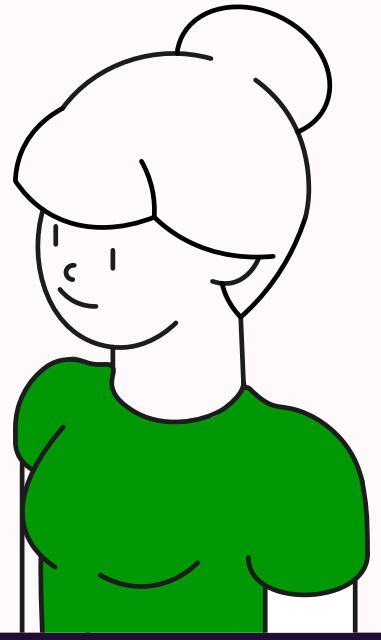
Statement 4:

Loneliness and mental health are connected.

TRUE







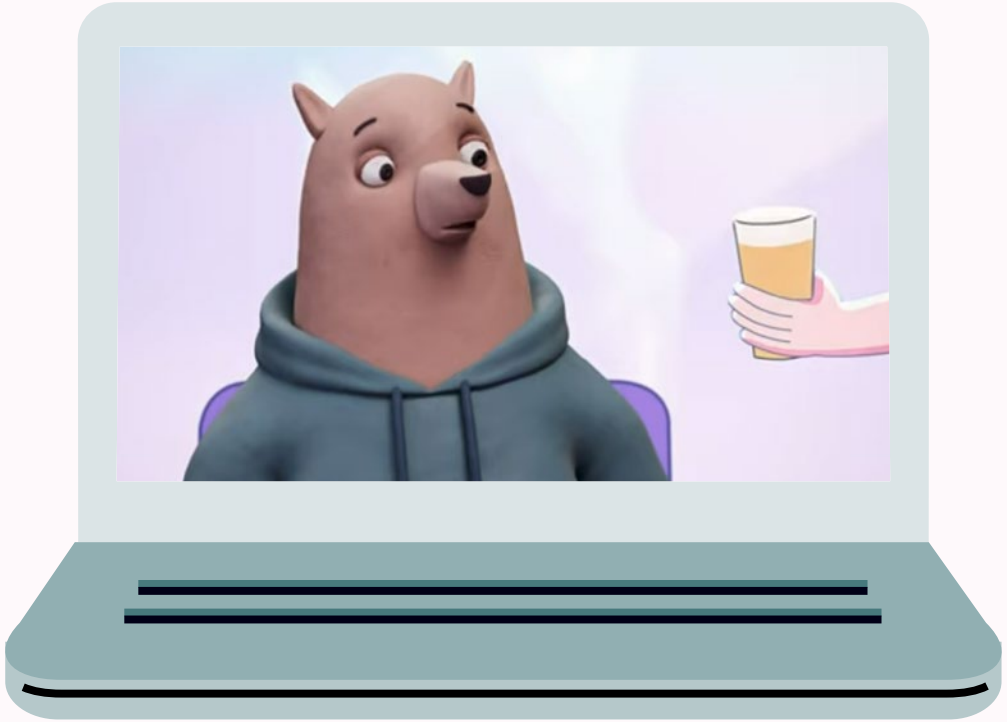
Learning through activity

https://www.whatsupwitheveryone.com/loneliness.php

Learning through activity

What could you say or do to support Merve?

What could Merve do for himself that might help him feel less lonely?



Reflecting on the learning

One thing I have learned.

One thing I will do differently.

One question I would like an answer to.

Reflecting on the learning

One thing I have learned.

Reflecting on the learning

One thing I will do differently.

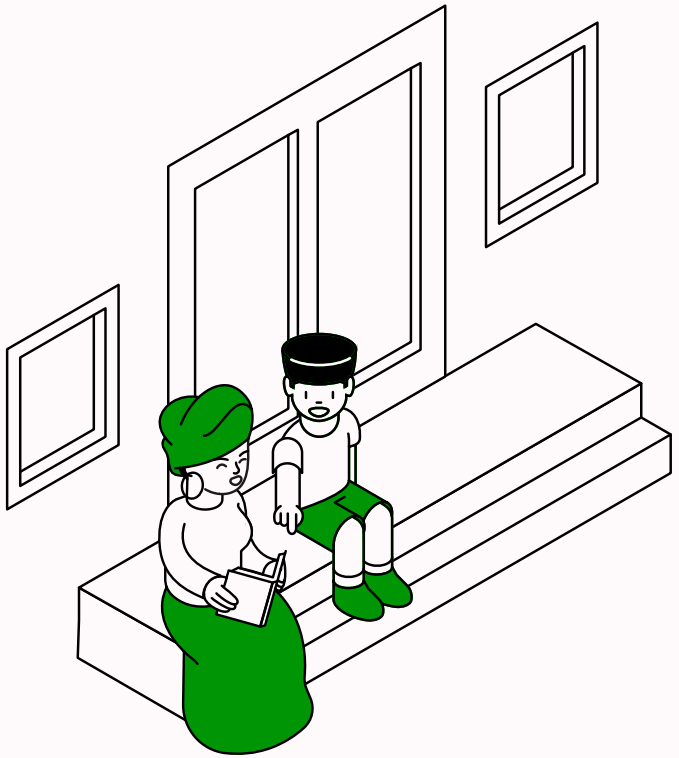
Reflecting on the learning

One question I would like an answer to.

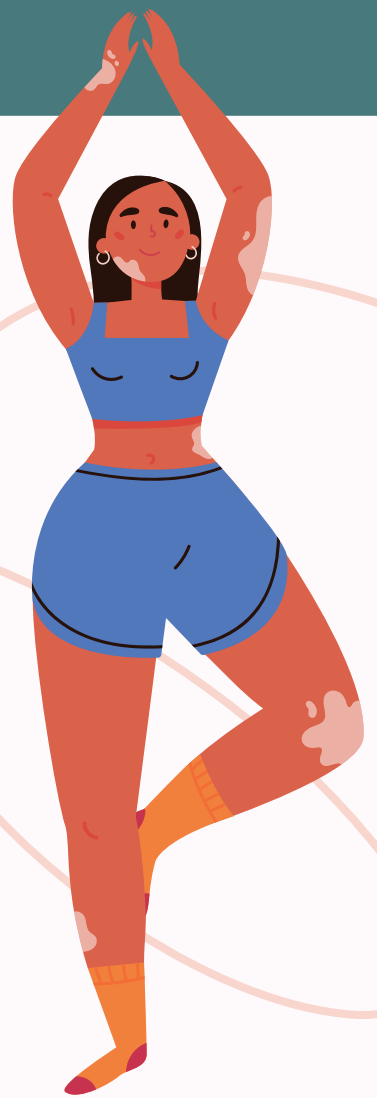
Lesson summary

Loneliness is often described as feeling like we do not have the meaningful relationships that we want to have around us. It is something we can all experience from time-to-time, throughout our lives.

If you are feeling lonely, think of the support network you have around you and ask for help.



Being in the moment



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Lesson

Taking action

Loneliness is when we feel we do not have the meaningful relationships we want around us.

Taking action

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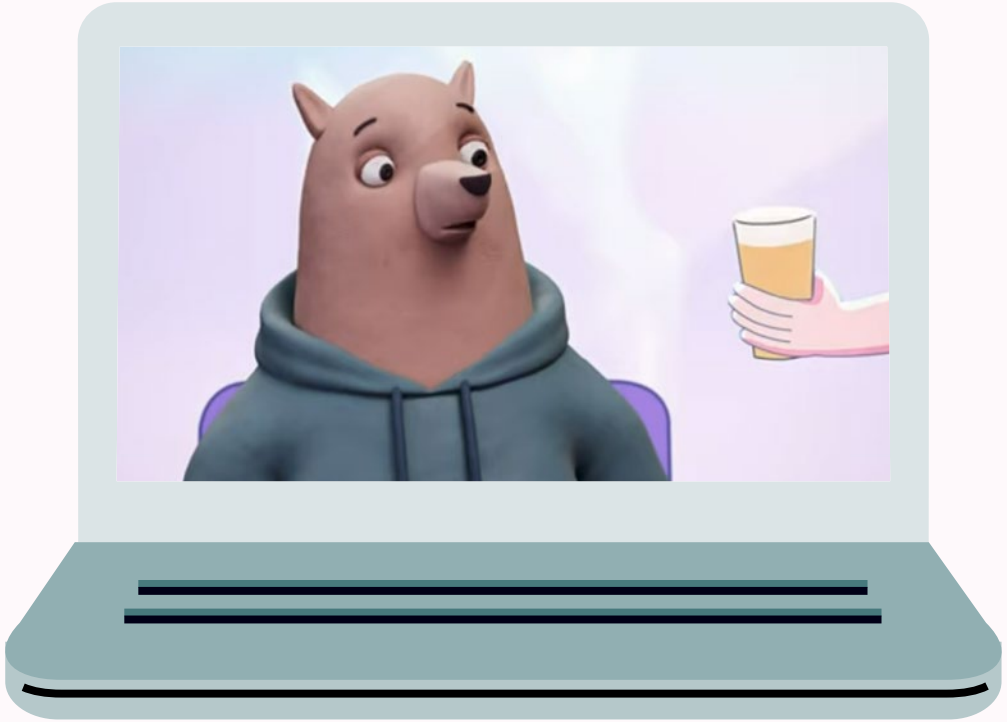
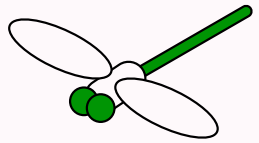
Taking action

What could you say or do to support Merve?

What could Merve do for himself that might help him feel less lonely?

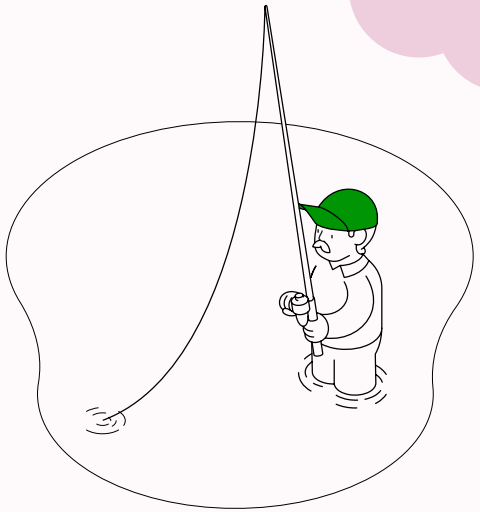


Taking action

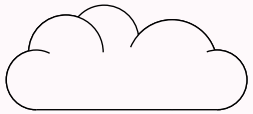


Connecting with ourselves

Connecting with others

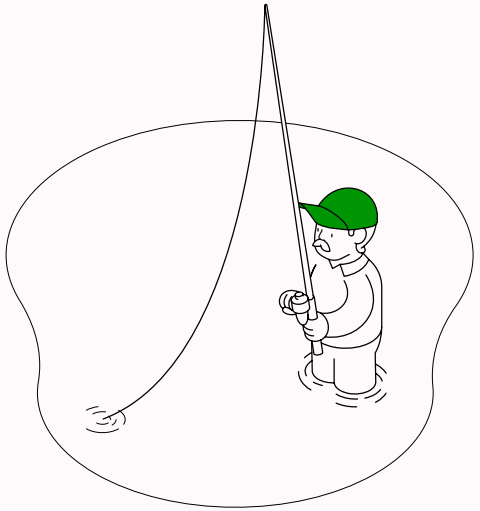


Connecting with the world around us



Taking action

Connecting with ourselves

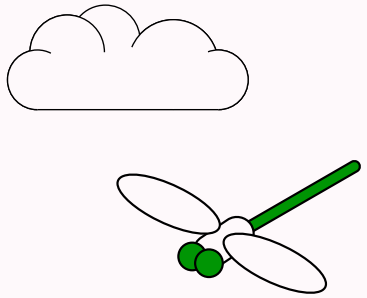


Taking action

Connecting with others

Taking action

Connecting with the world around us

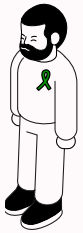


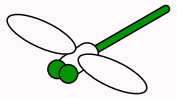
Challenging thinking

Loneliness is when we feel we do not have the meaningful relationships we want around us.

Challenging thinking

Individual factors



Social factors

Environmental factors